

1. Overview

- a. Overnight trips take place on a variety of sessions, from a school's bivvi experience, to Advanced Sea Kayak assessments.
- b. Where overnight trips are taking place and returning the following morning guides are expected to work through from the return to the end of the morning sessions either tidying up, maintaining kit or assisting with other groups returning or doing pick ups.
- c. As soon as the last group is in at lunch time then those staff may take the rest of the day off.
- d. Some camp outs are part and parcel of particular courses and it is therefore up to the guide as to timings.

2. Ratio

- a. If camping in a campsite with vehicle access and facilities then the overnight ratio is 1:16, group leaders (teachers / scout leaders etc) can make up some of this ratio for larger groups.
- b. Generally 1:8 for wild-camping, but may vary depending on activity and conditions; e.g. 1:6 sea kayaking or 2:12 lowland camping (when no other adults are available), to be agreed with the Adventure Manager.
- c. The 1:8 ratio is assuming that there are other adults within the group, if this is not the case a second guide is required.

3. Guide Qualifications & Competence

- a. First aid certificate
- b. In house lifesaving training
- c. A comprehensive knowledge of the intertidal zone.
- d. A comprehensive knowledge of the local area.
- e. In house training, shadowing and assessment to satisfaction.
- f. A working knowledge of the Pembrokeshire Outdoor Charter guidelines.

4. Equipment

Must Have	Consider for session quality
First aid kit	Vehicle access
Tents or suitable group shelter	Food & snacks
Sleeping bag	Stove, means of making warm drink/cooking
Appropriate clothing	Hot or cold drink
Torch	Fishing kit
Sleeping mat	Glow Sticks
Phone or radio	Hand Held Flare
Whistle	Fire making equipment



5. Tips

- a. Check use of site with the land owner
- b. Consider toilet arrangements
- c. Follow Pembrokeshire Outdoor Charter guidelines
- d. Leave no trace

6. Sustainability

- a. It is the TYF Guide or trainee's responsibility to share with the group the environmental impact of camping/bivvying/sleeping in the outdoors, how we can reduce this impact as much as possible whilst actively engaging the group in solutions-focused approaches to being responsible outdoor role models and instilling a love for nature.
- b. Depending on the activity and staff member(s) this could cover aspects of (but not limited to) equipment used, raw materials, plastic pollution, climate change and carbon impacts, blue health and wellbeing, ocean literacy, etc. as well as diversity, equality and inclusion.